

MORNING MEDITATION

Wednesday, Fourth Week in Ordinary Time

Purposefulness is the virtue that signifies a positive character, a trait of having a clear focus, knowing your goals, and actively working towards achieving them.

Hebrews 12:4-7, 11-15

All discipline seems to be cause for grief, not joy. However, discipline later brings forth fruits of peace and justice to those who are trained in the school of discipline. Strengthen your drooping hands and weak knees. Strive for peace with all. See that no one falls away from God's Grace.

Psalm 103

**Bless the Lord, Oh my soul;
And all my being bless his holy name.
Bless the Lord O my soul,
And forget not all his benefits.**

Mark 6:1-6

They admired his eloquence but rejected his message. And what they rejected was "GOOD NEWS" - liberty to captives, sight to the blind - a year of Grace. They failed to look beyond. Hence, they saw only a local carpenter.

Lord, help me to look beyond what I see. Give me a clearer and deeper vision of your presence in all that I encounter on my journey of life.

Prejudice blinds the mind and narrows the heart.

Lord, give me the wisdom to recognize and accept my own prejudices and the courage to overcome them.

To his own people he came, but they did not accept him. Jesus went about doing good and teaching and proclaiming good news in the neighboring villages.

**Lord, empower me with your Holy spirit,
that I may proclaim your good news!**

Saint of the Day, February 5 - St. Agatha and 11 other saints are remembered this day

Almost nothing is historically certain about saint St. Agatha. She is, however, one of the most highly venerated virgin martyrs of the Catholic Church. It is believed that she was born around 231 in either Catania or Palermo, Sicily to a rich and noble family. From her very early years, Agatha dedicated her life to God and became a consecrated virgin, giving herself wholly to Jesus and the Church in a life of prayer and service. That did not stop men from desiring her and making unwanted advances toward her. As she resisted the advances of men, she was betrayed as a Christian during the persecution of Emperor Decius. Tradition tells us that Agatha was arrested as a Christian, tortured, and sent to a house of prostitution to be mistreated. She was preserved from being violated and was later martyred in Sicily in 251. The year after her death, the stilling of an eruption of Mt. Etna was attributed to her intercession. As a result, apparently, people continued to ask her prayers for protection against fire.

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